new graph environment

			Location		<u> </u>				Date: 1/42	2.
Name //	v.~e			Cre	w Lead	er/Member		Signa	ture	7
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	<i>,</i> 3.			Lea	der	Member 🗌				
				Lea	der	Member□				
				l	der[Member 🗌				
COVID self assessm	ent comple	eted?] Pre-ex	istin	g Healt	h Conditions?	1/			
							K	nle		
Description of work	። (ex. Cuiv	vert as	sessmen	ıts) e	lectrofi	shing, water s	ampli	ing, re	dd surveys, RPAS surveys e	etc.)
				14	al	L	-			7-
ite Conditions:		,		[[000	Ja J				
Clear						Tues			611.15	· ()
		Dry			<u>ख</u>	Hot			Cloudy/Broken	ᄔ
Raining		Wet			ᆜ	Warm			Foggy	
Snowing		Mudo	ıy			Cold			Icy/Snow Covered	
Site Risks and Hazai	edo 7-t-							/	/	
Wildlife	ras. Job r		on, and!-	v 11= c	von	·nd		/C1		
Swiftwater			ery and/o			ınd			nsaw/knife/loppers (cuts)	ᇸᆜ
Remote worksite		Mach	sure (hea	Arolo	1 /A	<u> </u>		-	ric Shock (electrofisher)	
Traffic			Sted (roll	overti	burnele	llicion\		<u> </u>	water	
Bush roads		Chem		uver		JIIISIOH)			head Snags	
						anding) WA			shrubs (eye injury)	
Dogs		neilc	opters (ro	tors,	iines, sti	anding)		Othe		
lans Reviewed: Emergency Response					9				Call out Procedures)	
Safe Work Procedure	.s				$ \sqcup $	Roles and Resp	nonsihi	lities		
							30,15151			البثيا
Personal Protective	Eguipmer	nt Che	klist/In	spec	tion:		30113131			L
Personal Protective Hi-Vis Vest	Equipmer	nt Che				ssess conditio		V	I Thrgw/ Bag	
				e foot				. .		
Hi-Vis Vest	spot		Protectiv	e fool	wear (a				PFD PFD	
Cell phones / radio /	spot		Protective Hard Hat Water/ F	e fool	wear (a upplies		on)	E	Dry Suit	
Hi-Vis Vest Cell phones / radio / Waders / Wading Be	spot spot		Protective Hard Hat Water/ F	e fool	wear (a upplies	ssess conditio	on)	[<u>-</u>	Dry Suit Linesman Gloves	
Hi-Vis Vest Cell phones / radio / Waders / Wading Be Bear Spray/Bangers Level 1/ Personal FA	spot elt Kit		Protective Hard Hat Water/ Fr Rainwean Other	e fool	twear (a upplies ather W	ear (extra coat)	on)	E	Dry Suit Linesman Gloves	
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Poor lighting			Barriers in pla	ace		Good foot	twear			
Types of injuries th	at could o	ccur:			'	_l				
Sprains/breaks/bruis	ses		rush injuries	5		Electrocui	tion		5 .	
Cuts/lacerations			lead injuries			Traffic ac	cident i			
Drowning -			xposure			Repetitive	Strain	(eg.tende	onitis)	
Barriers to first aid	being pro	vided to ir	njured worl	ker:			,			
Unsafe Accident Sce	ne	` <u> </u>			Victim/ Att	endant Pani	c and/c	r Shock		
Remote worksite (di	stance to H	ospital/Vehi	icle)		Time to ge	t Level 1 kit	from v	ehicle if r	equired	
Slippery / Steep and	l/or uneven	ground			Other					
				1	I					
First Aid Assessme	nt (Check o	one) – See	Appendix	8 of H	1&S Plan fo	or details/l	ower r	equirem	ent scenarios	
Scenario					Requirem	ent				
□ 6 – 30 workers "low" risk of injury			•	1	Level 1 Cer	tificate and l	_evel 1	Kit		
☐6 – 15 workers "moderate" risk of in	njury		•		Level 1 Cer ETV equipm		el 1 Kit	, Transpo	rtation endorser	nent and
☐6 – 10 workers "high" risk of injury	and > 20 r	minutes fro	m hospital	and	Level 1 Cer ETV equipm		el 1 Kit	, Transpo	rtation endorser	nent and
□11 - 30 workers "high" risk of injury	and > 20	minutes fro	om hospital	and	Level 3 Ceri	tificate, Leve	l 3 Kit,	dressing	station and ETV	
⊡්ත්iscuss incidents be taken to avoid s	i and close imilar situa	caus in pa ations).	st similar v Shasi		(reasons to	r incident/	ciose c	call and c	orrective actio	ns taken/to
☐Discuss Relevant	: Industry	Alerts:								
Overhead hazards (s			☐ Secu	re con	tents in veh	icles	ТПТ	Bears		
Winter Driving Prepa					Driving				Maintenance	
Unstable machinery	16				Landslides		一		ub in eyes	- -
Worker Assessment Can identify worksite		orker: 10	anm	S	Vous Asses Wears hard	sed by:	A) ction	11	<u>`</u>	
Is alert and focused				0/	Uses requir	ed hearing _l	protecti	on		
Demonstrates safe u	se of tools 8	ֆ equip.		Ø/	Wears high	visibility / p	rotectiv	ve clothin	g વ	
Demonstrates prope		•		0	Wears app	ropriate foot	wear fo	or job	4	3/
Has required license	/ certificate	(s)		5	Wears wad	ing belt //be	ar spra	у	1	1
Worker is Compet	ént					(and				
eedback:										
							The same of the sa		_ /	
- //	orker:			Asse	essed by:	(Ca	<u>~_`</u>	\geq		
Call In/Call out N	lumbers		È		A.					
Crew Member		· · · · · ·			Personal E Contact	mergency	Pers	onal Eme	ergency Conta	ct #
Allan Irvine	250 777 15	18		T	Tara Stark		250 3	352 5311	Cell: 250 505,94	89
7	Sea		afe	14	Pl	an		Fix	$\mathcal{L}(\mathcal{L})$	
Inreach text (al)	226 241 61 allanirvine7		.garmin.com	7					-()	
Emergency Conta		2 34011					l		· ·	
		Kaslo	Grand	Fork	s N	elson	Fe	rnie	Creston	Macken
RCMP Search&Rescue	•	911	9:			911	·····	11	911	911
Hospital		353 2225	250 44		1	52-3111		23 4453	250 428 2286	
Poison Control			230 17	~ 2100		67 9011	200 42	-J 7733	200 720 2280	23099/32

New Graph Environment

(250) 565-2000 Prince George Hospital

new graph environment

Project:	P		Locatio	n: · ,		ind		.) .		·	Date:		*	19		02
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Steavie	540	20		Lea	der□	Mer	nber	J	\top	2	34		marin property labor			
			auricature.	Lea	der	Mer	nber	j	\top					1.	. 1	
☑COVID self assessm			Carpenter and Ca		-				pli	ng, re	dd sui	rveys	RPA	S sur	veys	≥tc.)
ite Conditions:		MARKED WATER														
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Raining		Wet				Warr	n				Fogg				•	
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ite Risks and Haza Wildlife	rds. Job		pery and/o	or une	ven gro	und		1	2	, Chai	nsaw/k	nife/lo	ppers	(cut	s)	TO,
Swiftwater	N/	- W	osúre (he		_			+1	Ø,	1 /	rjc Sho					
Remote worksite		Mác	hinery	····				4	1	Ope	n water	•				d
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Bush roads	12/	Che	micals					N.	7	Shar	p shrul	os (ey	e injur	у)		Ø
Dogs	U	Helio	copters (r	otors,	lines, st	randing)		_	Othe	·	- ` .				$\exists \Box$
Plans Reviewed: Emergency Response Safe Work Procedure		·			0	Field S Roles					Call o	ut Pro	cedu	res)		4
Jane Work Procedure					العوا	Koles	and N	cespon	וועוכ			Marcour.				Q2
ersonal Protective	Equipme	nt Che	čklist/I	nspec	tion:						a profession of the same					
Hi-Vis Vest		Ø,	Protecti	-		ssess	condi	ition)		W.	1 TI	nrów E	Baq	are the fact	ii.	
Cell phones / radio /	spot	V	Hard Ha								سمر ا	D	PROFESSION SEINE			一
Waders / Wading Be	elt	T/	/Water/ I	Food s	upplies					E		ry Suit				
Bear Spray/Bangers		Jar	Rainwea			ear (ex	tra co	at)		L		·	n Glo	/es		
Level 1/ Personal FA	Kit		Other_								JW	histle/				
1achinery Inspectio		e/Tra		}		ehicle II		n	_/	1		-				
Obvious damage/leak	(S				Horn										Ø	
Tires					Brakes										9	_ 🗆
Headlights / tail lights	s / Signals		9			g Brake										- 0
Fuel			9			n tire w										→ □¯
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Windshield fluid		•			· ·	nsion/SI		g							9	
		oka	·	X	i	attentio	on						•		<u> </u>	X
ousekeeping for SI		-		entior):·	.	"]			-1						
Slippery/uneven groui Loose debris	nd		Spills								s, tiles,				- "	14
coose debris		Ш	Cables	/cords	;		j	Smok	e/St	team/l	og vie	w obs	tructio	n		

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Hospital	250 353 222			100		52-3111		23 4453	250 428 22	286	25099732
RCMP Search&Rescue	911	<u> </u>	911	no l		11		11	911	• .	911
	Kaslo	Gran	d Fo	rke	Na	Ison	Fa	rnie	Crestor	, ,	Macken
	lanirvine75@inrea	ch.garmin.cor	n			· ·					
Inreach text (al)	26 241 6177										
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Allan Irvine 2	50 777 1518			Tara 9			250 3	352 5311	Cell: 250 505	9489	
Crew Member				Perso		nergency	Pers	onal Eme	ergency Con	tact #	
Call In/Call out Nur	mbers	-									
ignatures: Wor	ker:		As	sessed	 l by:						
eedback:	· · · · · · · · · · · · · · · · · · ·						1,				
Worker is Competen	t .	-	d								
Has required license / o			Z	Wea	ars wadii	ng belt / be	ear spra	У		Z	
Demonstrates proper u			口			opriate foot				1	
Demonstrates safe use			4			visibility / p)	0	
Is alert and focused on	job		U	Use	s require	ed hearing	protecti	on			_
Can identify worksite h	azards		Ø	Wea	rs hard	hat / prote	ection			10/	-
Vorker Assessment	Worker:	En dy			_Assess	ed by:	4			_	/ .
- The state of the		> /	as all	a cand	onuc3		•	DEVIIS CI	an in eyes		
Unstable machinery	uon			d Land			吊		ub in eyes		
Overhead hazards (sna Winter Driving Preparat				ontents e Drivir	in vehic	.ies	븝	Bears Vehicle N	laintenance		님
Discuss incidents are taken to avoid sim	ilar situations). ndustry Alerts:	oast similar	work	(reas	ons for	incident/	close o	all and c	orrective act	tions t	aken/to
□11 – 30 workers an "high" risk of injury									tation and ET		
"high" risk of injury				ETV	equipme	ent		·			
"moderate" risk of injur	<u>, </u>	om hospital	and	1	equipme 1 1 Certi		el 1 Kit.	Transpor	tation endors	ement	and
☐6 – 15 workers and		rom hospital	and	1		-	el 1 Kit,	Transpor	tation endors	ement	and
<6 – 30 workers ar "low" risk of injury	nd > 20 minutes f	rom hospital	and	Level	1 Certi	ficate and L	evel 1	Kit			
Scenario	,	1.6			uireme						
irst Aid Assessment ((Check one) – Se	e Appendix	8 of	H&S F	Plan for	details/le	ower re	equireme	ent scenarios	S	
Slippery / Steep and/or	uneven ground		ᆚ	Oth	er						
Remote worksite (dista		nicie)	毕	.		Level 1 kit	from ve	enicle if re	quired		
Unsafe Accident Scene			I E			ndant Panio					
arriers to first aid be	ing provided to	injured wor	ker:				,				
Drowning -		Exposure				Repetitive	Strain	(eg.tendo	nitis)		
Cuts/lacerations		Head injuries				Traffic acc	cident r	elated			
Sprains/breaks/bruises		Crush injurie	5			Electrocut	tion		*** ***		
ypes of injuries that	could occur:	•	111						·····		
Poor lighting		Barriers in pla	ace			Good foot	wear				

New Graph Environment

new graph environment

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Project: Bulley			Locati				02				ite: SQDT	16/	0	2
Name					w Lead	er/M	lember	•	Sign	atu	D' 77		,	
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Tim Wi	130	<u>^</u>		Lea	der 🔲	М	ember]	3	-				
COVID self assessment	comple	eted?	Pre-e	xisting	g Healti	h Coi	ndition	s?						
Description of work: (e	ex. C ulv	vert as	sessme	ents, é) lectrofi	shin	g, wate	r sampl	ing,	redd	l surveys, RPAS sur	veys e	etc.)	
Site Conditions:														
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Raining		Wet				Wa			Ī		oggy/			
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Showing		Mudu	<u> </u>			Cu	u		<u> </u>	برا_	Cy/3/10W Covered			
Site Risks and Hazards	Tob/s	ricke: /	/ (BVI		0			/					
Wildlife			ery and	or une	ven grou	ınd			<u>/</u>	ains	aw/knife/loppers (cut	5)	T	
Swiftwater		<u> </u>	sure (he				-				: Shock (electrofisher)	-		
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	<u>y</u>	Chem									shrubs (eye injury)		<u> </u>	
Dogs	<u> </u>	Helico	opters (rotors,	lines, st	randıı	ng)		Ot	ner_	· · · · · · · · · · · · · · · · · · ·			
Plans Reviewed: Emergency Response Plans Safe Work Procedures	an			-				Plan (Ca			all out Procedures)			
Sale Work Frocedures				/-	<u> </u>	KOIE	S anu-N	eshousir						
Personal Protective Eq	uipme	nt Chéo	:klist/l	inspec	tion:					J				
Hi-Vis Vest	•			/ /	twear (a	sses	s condi	ition)		đ	Throw Bag			
Cell phones / radio / spo	t		Hard M	/				-,			PFD			
Waders / Wading Belt		7			upplies			······································	-		Dry Suit			
Bear Spray/Bangers			<u>/</u>		ather W	ear (extra co	at)			Linesman Gloves			
Level 1/ Personal FA Kit	-	 	Other	, 110		('		,	\dashv	П	Whistle	·	+	
and appropriate the factor of											Willauc		Ll	
Machinery Inspection ((Vehicl	e/Trail	er/AT\	<i>(</i>)	Ve	ehicle	ID				<u> </u>			
Obvious damage/leaks	-			ŤΠ	Horn		-							
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Fuel	9-1415							ough ste	erino?	,				
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		<u> </u>	Spills	-1			片				tiles, carpets		닐	
Loose debris			Cable	s/cords	i .			Smoke/	stean	ı/Foç	view obstruction			

Poor lighting		L. E	Barrier	s in pla	ace			Good foo	wear				$ \sqcup $	•
ypes of injuries t	hat could oc			•				1						
Sprains/breaks/bru	ises		Crush i	injuries	 3			Electrocu	ion	•				
Cuts/lacerations			Head in	njuries				Traffic ac	cident i	elated				
Prowning -			xposu	ire				Repetitive	Strain	(eg.tendo	nitis)			
rriers to first aid	d being prov	rided to i	njure	d worl	ker:		i	1					لـــــا	
Jnsafe Accident Sc	ene		,		ΤÖ	Vict	tim/ Att	endant Pani	c and/o	r Shock				
temote worksite (d	distance to Ho	spital/Veh	icle)		$+\Box$		Time to get Level 1 kit from vehicle if required							
Slippery / Steep an	d/or uneven	ground			$\top \Box$					······	•			
						_l							3 - 3	
rst Aid Assessme Scenario	ent (Check o	ne) — Se	e App	endix	8 of				ower i	equireme	ent scenario) \$		
Z<6 − 30 worker low" risk of injury	s and > 20 r	minutes fr	om ho	spital	and	<u> </u>	uireme d 1 Cert	ent tificate and	evel 1	Kit			Constitution	
☐6 - 15 workers moderate" risk of		ninutes fro	om ho	spital	and		l 1 Cert		el 1 Kit	, Transpoi	rtation endor	sement	and	
☐6 — 10 workers high" risk of injury	and > 20 n	ninutes fro	om ho	spital	and	Leve		tificate, Lev	el 1 Kit	, Transpoi	rtation endor	sement	and	
☐11 — 30 worker high" risk of injury	s and > 20 r	ninutes fr	om ho	spital	and				el 3 Kit,	dressing s	station and E	TV		
e taken to ayøid Discuss Relevar		_												
verhead hazards	(snags/branch	nes)		Secu	ire co	ntento	in vohi	iclac		☐ Bears ☐				
		HILCHIC	HI VEIII	ICICS	- L	Deals								
	inter Driving Preparation							icies			Maintenance			
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New Graph Environment



Fwd: BC Forest Safety Council Monthly Safety Alert

1 message

Allan Irvine <al@newgraphenvironment.com> To: Mateo Winterscheidt <mateo@newgraphenvironment.com> Thu, Jun 23, 2022 at 12:05 PM

Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

----- Forwarded message ------

From: BC Forest Safety <alerts@bcforestsafe.org>

Date: Mon, Mar 28, 2022 at 10:20 AM

Subject: BC Forest Safety Council Monthly Safety Alert

To: <al@newgraphenvironment.com>

IMPORTANT INFORMATION FOR BC FOREST WORKERS AND EMPLOYERS SAFETY ALER **BULLETIN OF THE MONTH** PLEASE SHARE THIS INFORMATION

BCFSC's Monthly Safety Alert including the Latest News & Updates

March 2022

Download a printable PDF by clicking here.

SPRING ROAD SAFETY

Flooding in 2021 caused extensive damage to resource roads and other transportation infrastructure. Repair efforts continue but not all roads and watercourse crossings have been fixed. Spring weather conditions may cause new, unidentified problems. Road users play a key role in helping manage these challenging conditions – review the recommendations below on how to keep safe on the roads this spring.

Road Safety Information:

- Road users should use caution when driving, watching out for washouts and other road damage from past flooding. Slowing down is your best defense during spring driving.
- Increased run-off during break-up can put additional strain on roads, culverts and bridges. Be a responsible road user and report any damage or concerns to the appropriate forest company or the Ministry of Forests, Range and Natural Resource Operations so they can prioritize repair.
- · Landslides are a concern in areas with high rainfall, snowmelt and where wildfires have reduced vegetation coverage. Even a small slump across a road can strand road users. Equip yourself and be prepared for spending a night or two in your vehicle.
- Spring road hazards don't always have to be major washouts or slides. Large pools of water, potholes, ruts and soft, muddy roads can all lead to problems.
- Don't rely on warning signs to identify all road hazards. Some road damage may be new, or you may be the first person down a road after a significant period of time.
- Follow your rainfall shut-down criteria closely to avoid being on site during times of high landslide risk.
- With the warmer weather, there will be an increase in road users including recreational users. These road users may not be aware of the rules of the road and radio communication procedures. Help new road users by communicating the safety procedures for the area.

Resources:

- BCFSC Resource Road Safety
- Resource Road Driver Training (Free Online Training)
- In-vehicle Resource Road Driver Training

LATEST NEWS, RESOURCES & UPCOMING TRAINING

BCFSC News & Resources

New Video - Professional Industry Driver Training Program - BCFSC's latest video on the Professional Industry Driver Program explains how this program is a key initiative to standardize the level of training and assessment for Professional Industry Drivers and Professional Log Truck Drivers.

Webinar: BCFSC, Road Safety at Work and Wildlife Collision Prevention Program present a 1-hour webinar on Thursday, May 12 from 11am – Noon. Register today for Oh Deer! Driving Tips to Prevent Wildlife Collisions

Forest Safety Newsletter - March | Spring 2022 Issue is now available. Download a copy to share with your crew.

BCFSC Training:

Upcoming Classroom Training

Note: BCFSC requires full vaccination (2 doses) to attend in-person training courses. This is to support COVID-19 prevention measures from the Provincial Health Officer, especially related to the recent spread of the omicron variant. This requirement is in effect until further notice.

April 11 | Forest Supervisor Communication – Campbell River

This one-day classroom workshop will help supervisors and managers improve their communication skills at work.

April 12 | Forest Supervisor Leadership and Professionalism – Campbell River This one-day classroom workshop will help participants understand their strengths and weaknesses, and to recognize how their personal style impacts the workers they supervise.

April 21 | Basic Incident Investigation – Cranbrook

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation

April 21 | Forest Supervisor Communication – Prince George

This one-day classroom workshop will help supervisors and managers improve their communication skills at work.

April 22 | Forest Supervisor Leadership and Professionalism – Prince George This one-day classroom workshop will help participants understand their strengths and weaknesses, and to recognize how their personal style impacts the workers they supervise.

April 22 | Basic Incident Investigation – Nelson

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation

April 28-29 | Small Employer OHS - Langley

This two-day course is about occupational health and safety for small employers working in the forest sector.

April 28 | Small Employer OHS Refresher – Langley

This course provides a refresher for ISEBASE/SEBASE internal auditors.

April 29 | Small Employer OHS Refresher – Langley

This course provides a refresher for ISEBASE/SEBASE internal auditors.

Refer to the <u>Training section of our website</u> for more information on upcoming classroom training and costs.

Online Training

Phase Congestion Training— This free interactive online training course is available to help supervisors and workers better understand how to safely integrate phases and prevent phase congestion. Click here to self-enroll: Online Learning Centre—BC Forest Safety Council

Worker Assessment and Training

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training and assessment tools to help employers evaluate workers and complete on-the-job training.

Check out our <u>FREE online training and assessment forms</u> for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.

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BC Forest Safety Council 420 Albert Street, Nanaimo, BC, Canada, V9R 2V7 1-877-741-1060



Fwd: BC Forest Safety Council Monthly Safety Alert

1 message

Allan Irvine <al@newgraphenvironment.com>
To: Mateo Winterscheidt <mateo@newgraphenvironment.com>

Thu, Jun 23, 2022 at 12:05 PM

Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

----- Forwarded message -----

From: **BC Forest Safety** <alerts@bcforestsafe.org>

Date: Fri, Dec 10, 2021 at 5:04 PM

Subject: BC Forest Safety Council Monthly Safety Alert

To: <al@newgraphenvironment.com>



BCFSC's Monthly Safety Alert including the Latest News & Updates

December 2021

Download a printable PDF by clicking here.

MANAGING STRESS AND PREVENTING BURNOUT

We live in unprecedented times. The impact of the global pandemic has forced many of us to adjust to new working environments and conditions. Additional PPE, new procedures, reduced social opportunities with coworkers and remote work settings are creating new stressors that are affecting mental health and personal wellness for many workers across the province.

Added layers of upsetting news about recent wildfires, flooding across BC and industry instability are also major contributors to rising stress and anxiety levels and can make it more difficult for us to prevent overwhelming surges of negative emotions.

This Safety Alert will review stress information and suggest good practices for managing stress, preventing burnout, avoiding a steady stream of distractions to keep you on track and help foster healthier habits to maintain mental and physical wellbeing

About Stress

Stress is our body's mental and physical reaction to changing or challenging external pressures. While stress can be helpful, if it becomes prolonged or excessive it can lead to mental and physical health issues.

Excessive stress can cause physical symptoms such as headaches, an upset stomach, elevated blood pressure, chest pain and problems sleeping. Stress also affects our mental health and excessive stress can result in depression, panic attacks or other forms of anxiety.

Stress and Safety Concerns

When dealing with stress, there is a greater chance of losing focus on work tasks and a greater potential for incidents to occur. Stress can also cause harm when people use substances or other negative behaviors to try to relieve their stress.

Managing stress effectively can help reduce negative affects and give us more clarity to allow us to pay attention to the critical safety aspects of our jobs.

Stress Relief

- Build good relationships with co-workers. Talk about stress and how it can be harmful. Watch out for each other and offer to help if someone is having problems with stress.
- Encourage co-workers to ask for help if they need it and provide them with positive support resources like counselling or Employee and Family Assistance Programs (EFAP).
- Exercise is also a great stress-buster. Something as simple as going for a walk can help to reduce stress.
- Try to surround yourself with people who support you and support them back.
- Be sure to make time for self-care. Set aside time for the things that bring you happiness such as spending time with family and friends and participating in activities that you love to do outside work.
- Getting enough good-quality sleep is also important for effective stress management. You can build healthy sleep habits by limiting your caffeine intake late in the day and minimizing stimulating activities at night, such as computer, cellphone and television use.
- Manage expectations: Build in sufficient time for work tasks and communicate these timelines to coworkers and loved ones.
- Be sure to take sufficient breaks when using a computer for a significant length of time. By taking a break from the screen and moving your body (stretch, go for a walk, step outside, etc.) you not only reduce your mental and physical strain, but it also has been shown to improve your productivity and creativity.

Additional Resources

- BCFSC Healthy Worker Resources Industry focussed resources on Mental Health, Alcohol Use, Fitness, Fatigue, and other worker health topics
- Stress Management Resources from HealthLinkBC
- · Canadian Centre for Occupational Health and Safety Workplace Stress
- National Institute for Occupational Safety and Health <u>Stress ... At Work</u>
- Statistics Canada What's Stressing the Stressed
- Health Canada <u>Coping with Stress</u>

LATEST NEWS, RESOURCES & UPCOMING TRAINING

BCFSC Holiday Hours - Dec 24 Open | Dec 27 & 28 Closed | Dec 29 - 31 Open | Jan 3 Closed

<u>Forest Safety Newsletter</u> – December 2021 Issue is now available. Download a copy to share with your crew.

BCFSC Communications Kit - BCFSC Safety Advisors, Falling Safety Advisors, Auditors and others will have the latest information and resource links to share with you and your crew during site visits. Click on the link to see an example of the BCFSC Comms Kit.

WorkSafeBC Webinar Recording - if you were unable to attend the HAND FALLER SAFETY INFORMATION WEBINAR on November 24th, you can access the webinar recording here. youtu.be/mDngRD9di9o

New BCFSC Healthy Worker Resource - If you or your co-worker are struggling with alcohol use, check out our newest healthy worker resource and learn more about assessing your alcohol intake and where to turn for help if you need it.

We're Hiring – BCFSC is currently seeking a Transportation Safety Program Manager for our Prince George office. The closing date for applications is 5pm, Friday, January 7, 2022. View the job description.

BCFSC Training:

Upcoming 2022 Classroom Training - March Sessions

March 7 - 11 | BCFSC Training Sessions in Haida Gwaii

We have multiple training sessions coming up in Haida Gwaii (Skidgate) from March 7 – 11. If you would like to attend training in Haida Gwaii for <u>Small Employer OHS</u>, <u>OHS Refresher Training</u>, <u>Basic Incident Investigation Training</u> or <u>Forest Supervisor Due Diligence Training</u>, go to our <u>Course Calendar</u> for more information and registration details.

March 14 – 15 | Small Employer OHS – Campbell River

This two-day course is about occupational health and safety for small employers working in the forest sector.

March 14 | Small Employer OHS Refresher – Campbell River This course provides a refresher for ISEBASE/SEBASE internal auditors. It is a requirement for eligibility for the WorkSafeBC Certificate of Recognition (COR) program.

March 15 | Small Employer OHS Refresher – Campbell River This course provides a refresher for ISEBASE/SEBASE internal auditors. It is a requirement for eligibility for the WorkSafeBC Certificate of Recognition (COR) program.

March 17 - 18 | Forest Supervisor Due Diligence - Campbell River

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

March 21 Falling Supervisor – Campbell River

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

March 25 | Basic Incident Investigation – Kamloops

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

March 28, 2022 - April 1 | Falling Supervisor - Nelson

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

Refer to the <u>Training section of our website</u> for more information on upcoming classroom training and costs.

Online Training

BCFSC offers a wide selection of free online training courses: Basic Forest Worker, Phase Congestion, Professional Industry Driver, Resource Road Driver, Serious Incident Investigation and more. Click here to self-enroll: Online Learning Centre - BC Forest Safety Council

NEW | Wood Products Manufacturing Hazard Identification and Risk Assessment Training -BCFSC has launched a free interactive online training program to help workers in wood products manufacturing facilities identify, assess and control common hazards. This training was developed in partnership with the Manufacturing Advisory Group (MAG).

Worker Assessment and Training

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training and assessment tools to help employers evaluate workers and complete on-the-job training.

Check out our FREE online training and assessment forms for Basic Forest Workers, Yarding, Mechanized Harvesting and Road Building.

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Fwd: BC Forest Safety Council Monthly Safety Alert

1 message

Allan Irvine <al@newgraphenvironment.com>
To: Mateo Winterscheidt <mateo@newgraphenvironment.com>

Thu, Jun 23, 2022 at 12:04 PM

Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

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From: **BC Forest Safety** <alerts@bcforestsafe.org>

Date: Fri, Feb 25, 2022 at 10:35 AM

Subject: BC Forest Safety Council Monthly Safety Alert

To: <al@newgraphenvironment.com>



BCFSC's Monthly Safety Alert including the Latest News & Updates

February 2022

Download a printable PDF by clicking here.

Hand Tool Safety

Jessie's excavator had been down all day and she needed to get it back in action. She grabbed the sledgehammer to drive the track pin back into place but forgot her safety glasses on the dash of the truck. She started hammering the pin in place and suddenly felt like something was in her eye. The first aider confirmed she had a piece of metal lodged in his eye and needed to go to the hospital immediately! Even after several operations, Jessie's vision was never the same.

Hand tools are used on a regular basis for many tasks like using a jack to change a tire or an axe to blaze a tree. Often, we don't think twice before grabbing one of these simple tools but there are important safety considerations to keep in mind.

Hand Tool Safety Information:

- Wear your PPE! Gloves can improve grip and prevent hand injuries and safety glasses are quick and easy to put on and can prevent life changing eye injuries.
- Choose the right tool for the job. For example, use the right size of wrench to prevent slips and damage to the tool and/or equipment. Don't use a screwdriver when a pry-bar is the right tool for the job.
- Beware of using hammers on metal parts or objects. Use soft metal hammers when there is a risk of metal shards breaking off and striking workers.
- Even simple hand tools need to be inspected and maintained. Examine your tools for excessive wear, cracks and dull edges.
- Hand tools can be simple to use but proper training and supervision is still required. Don't assume that everyone knows the proper techniques for all tools. This is especially important when working with new and young workers - what is obvious to you may be new to them.
- Overuse injuries are common with the repetitive use of hand tools. Get help with jobs that may cause excessive strain - especially if you're not used to that type of manual work.
- Hand tools are often used in situations when something goes wrong such as jacking a stuck vehicle, repairing broken down machinery or fighting a wildfire. These types of emergency conditions often have a higher risk of injury.
- Hand and finger injuries are very common when using hand tools. Take a moment to assess the task and ways that an injury might occur. Don't stick your hand or fingers in pinch or crush points.
- Know when to ask for help and turn it over to the professionals. Mechanics, tow truck drivers and your supervisor have access to specialized tools and knowledge to make the job easier and safer.
- Take your time! Rushing leads to missing important steps like wearing PPE.

Resources

- Hazard Alert Use a soft metal hammer on hard steel
- Hand Tools General Hand Tool Operation: OSH Answers (ccohs.ca)
- Steel shard in worker's eye a reminder of need for protective eyewear

LATEST NEWS, RESOURCES & UPCOMING TRAINING

BCFSC News & Updates

New Switchback Video – Planning, Layout and Construction – This video illustrates key messages for the correct planning, engineering and building of a switchback and the value the forest industry places on ensuring resource roads are safe for all users.

Working on Live Equipment Information Meeting: On Wednesday, March 9, 2022, from 9:30am-10:00am, WorkSafeBC's OHS Consultation & Education Services department and the BCFSC are co-sponsoring an online information presentation outlining the specific focus of a WorkSafeBC Occupation Safety Officer during a plant inspection. Meeting participants will be provided with a Q&A session after the presentation. Please join the meeting from your computer, tablet, or smartphone using this link: https://meet.goto.com/363011461 or dial in from your phone toll free: 1 888 455-1389 use Access Code: 363-011-461

Changed your contact information? Let us know so we can keep our records up-to-date. Contact us by email at info@bcforestsafe.org or call us at 1-877-741-1060. Having the right contact information on file is the key to ensuring we can communicate with you – especially when it comes to your audit.

BCFSC Training

Upcoming Classroom Training

Note: BC Forest Safety requires full vaccination (2 doses) to attend in-person training courses. This is to support COVID-19 prevention measures from the Provincial Health Officer, especially related to the recent spread of the omicron variant. This requirement is in effect until further notice.

March 21-25 | Falling Supervisor – Campbell River

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

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This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

March 31-April 1 | Forest Supervisor Due Diligence - Prince George

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

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This one-day classroom workshop will help supervisors and managers improve their communication skills at work.

April 12 | Forest Supervisor Leadership and Professionalism - Campbell River

This one-day classroom workshop will help participants understand their strengths and weaknesses, and to recognize how their personal style impacts the workers they supervise.

Refer to the <u>Training section of our website</u> for more information on upcoming classroom training and costs.

Online Training

New Online Training – Leadership and Professionalism for Wood Products Manufacturing Supervisors and Stand Tender training are available at no charge for BC forest companies. Click here to self-enroll: Online Learning Centre – BC Forest Safety Council

Worker Assessment and Training

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training and assessment tools to help employers evaluate workers and complete onthe-job training.

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Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

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From: BC Forest Safety <alerts@bcforestsafe.org>

Date: Fri, Jun 17, 2022 at 10:27 AM

Subject: BC Forest Safety Council Monthly Safety Alert

To: <al@newgraphenvironment.com>



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June 2022

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Log Hauling and Public Safety





Recently there have been serious incidents involving log hauling operations and the public. In one incident, a log truck lost its load while turning onto an on-ramp. The load struck and fatality injured a man who was beside the highway.

During the summer, more passenger and recreational vehicles are on highways and resource roads. Review the information below and consider how to improve the safety of your operations, drivers and other road users.

Safety Information:

- No two loads of logs are the same and this will affect the center of gravity and stability of the load. Give yourself a margin of error to prevent rollovers by slowing down, following best practices for load securement and maintaining your truck and trailer.
- · With increased traffic, it's important to reduce speed and exercise more patience and care when driving. Be prepared for inexperienced road users and unexpected events on the road.
- We all get complacent from time to time. Now is a good time to review and commit to following safe work procedures. Most procedures are in place because of a past serious incident - follow them closely to avoid similar incidents.
- Take a close look at the areas on your truck and trailer(s) that may not receive regular maintenance such as bolster and scale pad bolts.
- Don't rely on the radio to know the location of all traffic on resource roads. Recreational users may not have radios or be familiar with the rules of the road.

Resources:

- Log Truck Rollover Prevention Information
- Video: Standard of Care It Saves to be Safe
- Alert: Maintenance of Bolster and Scale Pad Bolts

Prepared by: Gerard Messier RPF, CRSP

LATEST NEWS, RESOURCES & UPCOMING TRAINING

BCFSC FIRS Lite App – The BCFSC FIRS App or Forest Industry Reporting System is a FREE resource available to all BCFSC Members. The first stage of the BCFSC FIRS App is a lite version and is now live and ready to use. It allows companies to submit and track incident reporting by submitting answers to five simple questions and uploading supporting photos into the record. It also includes a Supervisor's Queue allowing supervisors, safety professionals, and company owners to review submitted records and extract important information from the report such as the severity or nature of a reported injury.

The new lite version is available through the App store for Android and iOS devices. Simply go to the App store on your device and search for BCFSC FIRS to download the FREE App. To access the BCFSC FIRS Quick Add App, you will require a FIRS account. For security purposes, BCFSC will need to confirm your SAFE Certified Company first by emailing your registration request to FIRS@bcforestsafe.org. Registrations will be reviewed by BCFSC and once approved, your account will be established. An invitation email will be sent to your inbox where you can then set up your FIRS account with your registration details.

Forest Safety Newsletter – June |Summer 2022 Issue is now available. Download a copy to share with your crew.

Online Training

Serious Injury and Fatality Investigations – This free interactive online training course provides instruction on how to complete investigations for incidents involving serious injuries or fatalities. Click here to self-enroll: Online Learning Centre – BC Forest Safety Council

Worker Assessment and Training

Each forestry occupation requires different knowledge and skillsets to perform the job at hand. BCFSC worked with industry to develop competency-based standards, training and assessment tools to help employers evaluate workers and complete on-the-job training.

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BC Forest Safety Council

420 Albert Street, Nanaimo, BC, Canada, V9R 2V7 1-877-741-1060



Fwd: Fatality Alert

1 message

Allan Irvine <al@newgraphenvironment.com>
To: Mateo Winterscheidt <mateo@newgraphenvironment.com>

Thu, Jun 23, 2022 at 12:05 PM

Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

----- Forwarded message ------

From: **BC Forest Safety** <alerts@bcforestsafe.org>

Date: Tue, Apr 12, 2022 at 9:54 AM

Subject: Fatality Alert

To: <al@newgraphenvironment.com>

FATALITY ALERT -PRELIMINARY INFORMATION-

Download a printable PDF by clicking here.

BCFSC #2022-04-06

On April 6, 2022, a helicopter conducting cedar salvage operations went down near Sayward. The pilot sustained fatal injuries.

We extend our condolences to the family and friends of the deceased and our sympathies to all those affected by this incident.

This incident is under investigation and details are still to be determined.

This is the third forestry-related helicopter incident to occur since October 2021.

If you work with aircraft as part of your forestry operations, take this opportunity to meet with your air/helicopter service providers to discuss safety, the hazards related to air operations and steps to help improve safety practices.

Here are some suggestions for safety topics to review:

- 1. Pre-flight planning
- 2. Weather go/no-go trip decisions
- 3. Communications Pre-flight briefing, flight tracking, radio frequencies and hand signals
- 4. Passenger safety approaching, boarding and disembarking the helicopter
- 5. Heli-pads and landing locations
- 6. Long-line operations
- 7. Emergency response to remote sites

Resources:

- 1) Helicopter Long Line Safety Alert
- 2) 2021 Helicopter Logging Fatality Alert
- 3) Safe Work Practices for Helicopter Operations in the Forest Industry

Share Fatality Alert







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Fwd: BC Forest Safety Council Monthly Safety Alert

1 message

Allan Irvine <al@newgraphenvironment.com>
To: Mateo Winterscheidt <mateo@newgraphenvironment.com>

Thu, Jun 23, 2022 at 12:05 PM

Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

----- Forwarded message ------

From: BC Forest Safety <alerts@bcforestsafe.org>

Date: Thu, Jan 27, 2022 at 11:39 AM

Subject: BC Forest Safety Council Monthly Safety Alert

To: <al@newgraphenvironment.com>



BCFSC's Monthly Safety Alert including the Latest News & Updates

January 2022

Download a printable PDF by clicking here.

Helicopter Long Line Safety

Helicopters are an important part of many forestry operations. One of their functions is using long lines to move equipment or cargo.

Recently, a pilot was injured while landing a helicopter used in an aerial tree topping operation. After placing the tree topper onto a trailer, the suspension

cables carrying the tree trimmer snagged on the trailer's mounted fuel tank causing the helicopter to roll and strike the ground.

The following list features some safety precautions for ground crews and pilots to consider when using long lines.

Helicopter Long Line Safety Information:

- Develop a good plan prior to the helicopter's arrival. Scout all the sites, note the hazards and check in with the pilot to confirm the plan will work.
- Hold a safety meeting with the pilot and any ground crew before the lifting starts. Review the plan, discuss any hazards on site or along the flight path and how those hazards will be controlled. For example: dangerous trees or difficult terrain.
- Establish good radio communications between the pilot and ground crew. Hand signals should also be included in the communication plan and mutually agreed upon in case the radio communication doesn't work.
- Rotor wash can cause loose objects to fly up and strike people or the helicopter. Secure or remove all loose items from the site. Wear eye protection to keep dust and debris out. Use a hardhat with a chin strap to keep it from blowing off.
- Working under a helicopter can be a noisy and stressful environment. Make sure to work slowly and carefully.
- Ground crew should act as another set of eyes for the pilot, notifying them of any hazard(s) that they cannot see. For example: brush or trees near the tail rotor, snagged long lines or other problems in the pilot's blind spots.
- Don't assume that the pilot can see all the hazards that you can. The pilot will be focused on controlling the helicopter, so don't be afraid to let them know what you see. The pilot will appreciate the extra information.
- Ground crews must be trained properly to hook up the load while the helicopter is hovering. After the load is hooked up, the worker must move into the clear, and then signal it is safe to lift the load.
- Have more than one pre-determined escape route from the site in case the helicopter has difficulty with the load.
- During a helicopter lift, static electricity can build up and discharge through the line to a worker on the ground. Procedures should be in place to discharge built up electricity prior to the worker touching the line.

LATEST NEWS, RESOURCES & UPCOMING TRAINING

BCFSC News & Updates

WorkSafeBC - On January 7, 2022, the provincial health officer announced an order requiring employers to reinstate those site specific, prescriptive COVID-19 safety plans to address the elevated risk currently facing us with the Omicron variant. WorkSafeBC has provided detailed information on how to re-activate your COVID-19 safety plan to ensure that they are current and aligned with guidance and orders from the provincial health officer. Visit WorkSafeBC for more information.

Association of BC Forest Professionals - 2022 Virtual Forestry Conference & AGM Feb 2 – 4, 2022. Register today.

Western Forestry Contractors' Association Conference – 41st annual (second virtual) conference Feb 9 - 11, 2022. Register today.

Missed the Truck Logger's Association Conference? <u>Access the sessions on-demand</u> and catch up on what you missed.

Road Safety At Work – Distracted Driving Webinar. Distracted driving involves more than just phones. Road Safety at Work, BC Highway Patrol and ICBC are hosting a webinar on distracted driving on Thursday, February 24th from 10 – 11am. Register today.

The Wood Pellet Association of Canada (WPAC), BC Forest Safety Council (BCFSC) and Dalhousie University have released their final report <u>Analysis of Deflagration</u> <u>Isolation in Wood Pellet Production for Safer Operation</u> in the Canadian Biomass Magazine.

BCFSC Training

Upcoming Classroom Training

Note: BC Forest Safety requires full vaccination (2 doses) to attend in-person training courses. This is to support COVID-19 prevention measures from the Provincial Health Officer, especially related to the recent spread of the omicron variant. This requirement is in effect until further notice.

March 7-8 | Small Employer OHS – Haida Gwaii

This two-day course is about occupational health and safety for small employers working in the forest sector.

March 9 | Basic Incident Investigation – Haida Gwaii

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

March 10-11 | Forest Supervisor Due Diligence – Haida Gwaii

This two-day classroom workshop will equip supervisors with knowledge of their legal responsibilities and how to prove due diligence.

March 14-15 | Small Employer OHS - Campbell River

This two-day course is about occupational health and safety for small employers working in the forest sector.

March 21-25 | Falling Supervisor - Campbell River

Participants will learn the roles and responsibilities of a falling supervisor and will become familiar with processes used by a falling supervisor to support their due diligence.

March 25 | Basic Incident Investigation - Kamloops

This course provides a basic understanding of the methods, tools, and processes needed to conduct an incident investigation.

Refer to the <u>Training section of our website</u> for more information on upcoming classroom training and costs.

Online Training

New Online Training – Leadership and Professionalism for Wood Products Manufacturing Supervisors and Stand Tender training are available at no charge for BC forest companies. Click here to self-enroll: Online Learning Centre – BC Forest Safety Council

Worker Assessment and Training

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Fwd: Fatality Alert

1 message

Allan Irvine <al@newgraphenvironment.com>
To: Mateo Winterscheidt <mateo@newgraphenvironment.com>

Thu, Jun 23, 2022 at 12:04 PM

Al Irvine, B.Sc., R.P.Bio. New Graph Environment Ltd. 250-777-1518 al@newgraphenvironment.com www.newgraphenvironment.com

----- Forwarded message ------

From: BC Forest Safety <alerts@bcforestsafe.org>

Date: Tue, May 3, 2022 at 3:48 PM

Subject: Fatality Alert

To: <al@newgraphenvironment.com>

FATALITY ALERT -PRELIMINARY INFORMATION-

Download a printable PDF by clicking here.

BCFSC #2022-04-25

On April 13th, 2022, a forestry worker was seriously injured while clearing brush along a road near Woss, BC. He was making falling cuts on an alder when it split and struck him. He was transported to hospital for treatment but unfortunately passed away on April 25th.

We extend our condolences to the family and friends of the deceased and our sympathies to all those affected by this incident.

This is the second direct harvesting fatality of 2022.

This incident is under investigation and details are still to be determined.

The following safety information should be reviewed to help prevent further serious incidents:

1. Even small trees cause serious injuries and fatalities. It is critical to complete

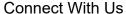
- a thorough hazard assessment of all trees in order to anticipate how they will react and move when cut.
- 2. Alder and other hardwoods are prone to splitting and barber-chairing, making them a higher risk level of timber to fall. It is critical that workers are deemed competent and qualified before starting work.
- 3. Trees and logs are under tension or compression and can react unexpectedly when cut or disturbed. Where possible, plan alternate ways to complete the work so workers are not exposed to the hazard.
- 4. Ensure escape routes are established and tested for all falling and bucking activities. The escape route should provide cover where possible and should not be directly behind the cut, rather at a 45° angle away from the bucking cut or direction of fall.
- 5. Always seek qualified assistance when overcoming a bucking or falling difficulty and never work above your level of competence or qualification.
- 6. Refer to the Designated High-Risk Violations: Hand Falling or Bucking and the BC Faller Training Standard Info Flips for information on safe work procedures and the acceptable Standard for bucking and falling.

Share Fatality Alert

















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